

HOT WEATHER

So as the long hot days of summer months continue with little relief in sight, individuals need to be aware of the increased dangers of heat related injuries.. According from a news release from the Combat Readiness Center, "Taking a drink of water when thirsty may be too little too late in some cases.

" More than 1,700 heat injuries occurred Army- wide during fiscal 2005" according to Brig. Gen. Michael B Cates, commander of the U.S. Army Center for Health Promotion and Preventive Medicine.

Of those injuries, **258** people suffered **heat stroke** and **1,467** suffered **heat exhaustion**. Staying hydrated is critical as it helps to maintain proper blood volume, which allows your body to perspire and regulate heat, according to the U.S. Army Center for Health Promotion and Preventive Medicine Web site. The Army Technical Bulletin MED507, titled Heat Stress Control and Heat Casualty Management, stresses that six to eight quarts of water a day is the recommended consumption for people performing daily routine activities. For people who are located in hot environments or performing strenuous activities, it is recommended that a person's water intake should increase to between nine to 12 quarts.

"Heat injuries can be preventable," said Campbell. "Leaders, supervisors and Soldiers must keep an eye on each other and look for the early warning signs."

COMMON HEAT-RELATED CONDITIONS

The most common heat-related conditions are heatstroke, heat exhaustion, heat cramps, sunburn and heat rash. Heatstroke

SAFETY TIP OF THE WEEK



HEATSTROKE

Heatstroke occurs when the body becomes unable to control its temperature: the body's temperature rises rapidly, the sweating mechanism fails and the body is unable to cool down. Body temperature may rise to 106 degrees F or higher within 10 to 15 minutes. Heatstroke can result from overexposure to direct sunlight, with or without physical activity, or to very high indoor temperatures. It can cause death or permanent disability if emergency treatment is not given. Symptoms of heatstroke include an extremely high body temperature (above 103 degrees F, orally); red, hot and dry skin; rapid pulse; throbbing headache; dizziness; nausea; confusion; and unconsciousness. If symptoms of heatstroke are present, find a cool place, preferably an air-conditioned indoor setting. Outside, find a spot in the shade. Put the person in a semi-sitting position. Loosen his or her clothing and bathe the head and body with COLD water. Seek medical attention immediately

OVER HYDRATION

Individuals must also be made aware of over-hydration, a condition known as water intoxication, according to USACHPPM. Confusion, weakness and vomiting are some of the symptoms that are associated with this condition as well. If a person has been eating, drinking and urinating a lot, yet exhibits these symptoms, MEDEVAC or an ambulance should be immediately called for emergency transport.

HEAT EXHAUSTION

Heat exhaustion can result when too much time is spent in a very warm environment, resulting in excessive sweating without adequate fluid and electrolyte (salt and minerals) replacement. This can occur either indoors or outdoors, with or without exercise. Symptoms of heat exhaustion may include dizziness, headache, nausea, abdominal cramps, shallow breathing, cool and clammy skin, muscle tremors and heavy perspiration. person suffering from heat exhaustion should be moved to an air-conditioned environment if possible. If outside, move the person to a shady spot. Loosen the person's clothing and encourage him or her to drink cool, non-alcoholic, decaffeinated beverages. Keep the person quiet. It may be necessary to seek medical attention if symptoms worsen or last longer

For More Information -
USACHPPM Web

<http://chppm-www.apgea.army.mil/heat/>.
AR 40-5 Preventive Medicine dated 22 July, 2005
http://www.army.mil/usapa/epubs/pdf/r40_5.pdf